Bittr Poetry: Volume I

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Poems

Bittr Poetry: Volume I 1

Intro 11

Content Zen 13

Dwindle 16

January 24 17

The Storm 19

Box 20

Paw-Love 26

Memories 28

Nueve Mesas 29

Stuff 30

Beyond This Moment 32

Blend 33

Timer 34

Sweet 07 35

Finis 36

Carousel 38

Karma 39

Soulmate 40

Novembro 42

Todos 44

Who Am I? 45

The Walking Dead 47

Middle Child 48

Poetry 50

Live Alive 51

Whimsical 52

Tunneled Darkness 53

Awakened-Enlightenment 54

Broken-Hearted 55

Capricious Love 56

I Don't Love Myself 58

Empty 61

Balance 62

Imbalance 63

Starry Winter 64

I love teaching 66

Spotless Mind 67

Nonsense 68

I'm Here 69

What Do I Do? 70

Love Is Something 72

Hello Anxiety 73

Scorpio 74

Revert 76

Soulless 77

Off-Balance 78

Buzzing Bee 79

Rat-Race 80

I Don't Know 81

Functionally Fake 82

Paralyzed 83

Floating 84

Can't Get Away From It 85

Water 86

Stoic 87

Mess 88

Calm 90

Time Slips 91

Two-Faced 92

Implode 93

When I Stopped Reading 94

Hourglass 96

Headache 97

Fantasy 98

Unfocused Passion 100

Threw It Away 101

Active Dreaming 102

Feed 103

Savor 104

Unhappiness Within 105

Regret 106

Abused 108

Big Dreams, Little Dreams 109

Creativity 111

She 112

Drowning 113

Uncomfortable 114

Work 116

Ecclesiastes 117

Chaos 118

Fire 121

Moon 123

Off 125

Fortunate 126

Tables Turn 127

Looking For Love 128

Corporate Life 129

Get Lost 130

Turning Point 131

Live Simply 132

Acceptance 133

Take 134

Women 135

Woman 136

Untitled 138

The Weekend 139

Untitled 140

Beauty 141

Be Hopeful 142

I Play By Ear 144

The Best Gift 145

Give Back 147

Be Grateful 149

January Poems 151

Thoughts to Readers 153

Write Your Own Poems 154

Bonus Material 164

Insanity 165

What's Next 167

Catalytic Feelings 169

Daily New 174

Get Out 178

Leaving Perfection 182

15 Minutes Left to Live 185

Celebrate You 187

Stop Waiting to Live Your Best Life Now! 189

For Those Who Have Everything or Are Almost There 193

Remember 196

Intro

Don't look for perfection.

Don't look for symmetry.

Don't look for rhythm.

Don't look for sense.

Don't look for flow.

Look for your imperfection.

Look for your meaning.

Look for your soul.

Look for beauty.

Look for growth.

Content Zen

I think most of us just want to be happy.

Some of us know this.

Some of us don't.

Some of us want the money.

Some of us want the dope.

To paralyze our fear.

To make us forget to hope.

Some of us want the fame.

Some of us want to be sane.

To fit in with them.

To be open with our sins.

Some of us want sex.

Some of us want love.

To heal our child wounds.

To mend our pain since the womb.

Some of us want to live.

Some of us want to die.

To eradicate our lies.

To live no more in disguise.

I think most of us just want to be content.

No more restlessness.

Just zen.

Dwindle

Light to darkness

Loving to heartless

Creative to artless

Dangerous to harmless

January 24

All I see are clouds
on a sunny day
I'm always gone
far somewhere away

I look both ways
possibly too much
I think what my heart is carrying
is getting to be too tough

The fear almost lost me
but I found myself in time
God saved me
he showed me a sign

I think I found hope
when I thought all was lost

The sun came out

when I was surrounded by frost

The Storm

God is gracious

God is kind

God is with me

All the time

Before I wake

And when I dream

God is there

Watching me

Box

These tears I cry

Have felt some pain

In this cage

I'm pushed to insane

I barely stand

With thorough fear

Nail in my hands

Jesus are you here?

I see you pray

Through a crack

I can barely breathe

I'm in the sack
I can't hide now

Privacy gone

I'm with myself

Feeling forlorn

Are you there?

Can you hear me?

Are you there?

Fighting for me

The air brushes your face

But I can't breathe

You feel the wind

While I suffocate

When will I go

And where will I stay

Who will love me

And who will pray

Why did this happen

And how are you here

You're always there

And you're always near

The snow falls down

Like tears on my face

The snow falls down

Like my own condemned race

I'm losing it

I can't go on

I'm dying inside

My cause is gone

Why am I here

There is nothing left

Why am I here

Today I wept

Help me help me

I'm drifting away

I'm no one now

On my knees I pray

Paw-Love

Sometimes I forget

That I have you

The two of you

The both of you

If I'm feeling blue

I can think of you two

I know I'll smile

I'll feel alright for a while

I'll let go of my sadness

And shed no tears

Because I know you'll help me

Make it through all the coming years

Memories

Your song is on my mind

The memories remain divine

I call you lost lover of mine

There was no one like your kind

Nueve Mesas

Sometimes leaving is the only option left

Sometimes leaving is that open door that has watched you wept

Sometimes moving forward is all you can do

Sometimes leaving what's holding you back is the best move

Sometimes saying nothing is a wise decision

Sometimes taking action should be your only mission

Stuff

I fill my life with stuff
to ease my pain

I fill my life with material
to increase my social gain

I fill my life with items
to stay sane

I fill my life with things
to make sure I'm seen

I fill my life with clutter
because it's all I've ever known

I fill my life with junk
to avoid my void

I fill my life

to remain numb

Beyond This Moment

Money doesn't make me happy

Achievements do not make me happy

California doesn't make me happy

Titles do not make me happy

Job security doesn't make me happy

Six figures do not make me happy

Attention doesn't make me happy

Blend

All the vane is insane

All the faces are mundane

All the places become the same

What is my lane

What is my lane

Warped into the main

I fall into the drain

Must we all really be the same?

Timer

My hands are claws
My consciousness gnaws

I stack and stack
I break my back

I explore no more
I've become a bore

Life loses interest
Which day will be quickest

I lost my stride
My mind just glides

Which way was I on
I stopped caring at dawn

Sweet 07

How easy it is to fit right in
Your loving arms always filled with zen

With a piece of fun
We had no clue what would become

What took place next
Was always the best

When I'm slipping away
A conversation makes it all okay

A sweet memory
Always of value to me

Finis

How does love turn to hate

How does curiosity turn to a debate

How does always being there for me turn to always late

How does endless fun turn to taciturn dates

How does fine china turn into paper plates

How do beautiful kisses turn into physical gates

How does going out of your way turn to complacency

How does being together turn to being without me

How does love turn into nonexistent empathy

How does love with maturity turn into love rudimentary

Sophistication gone

Manners disowned

The mask never on

To never arrive here is foreign

Carousel

How tied up one becomes
In the intricacies that life brings someone

Goals pile and pile
We continue to work tile after tile

The carousel never ends
It only stops and re begins

If one stops to breathe

They'll just remember it is time to plant
another seed

Karma

Now I know what it feels like
To be explored while being ignored

Now I know what it feels like
To be lied to while being promised to

Now I know what it feels like
To be burned, it's my turn

Soulmate

Like the birds in the sky

My hope is high

I will run towards you

No longer feeling blue

You saved my soul

Without an aim or goal

My spirit is healed

Our friendship is sealed

You've become the one

To lift the burden of a ton

I can breathe now

I can smile without an underneath frown

Novembro

My only regret was loving you
You chewed my heart out
You made me blue

I shouldn't have let you in
But I didn't foresee this kind of end

A waterfall drops
My feelings start and stop

There is no refuge
There was never refuge

Sadness stays
Happiness escapes
My life falls to pieces
My mind gapes

How did this happen

Where is the passion

The wrong feelings are felt
My heart whipped by a belt

I'm done
I can't carry on
I'm too broken

Todos

I don't love you anymore
But I think of you

I don't care for you anymore
But I dream of you

I don't see you anymore
But I feel you

Who Am I?

What do I love

What do I want

What makes me happy

What makes me feel

What makes me real

What are my dreams

What are my flaws

What are my death wishes

What are my demands

What are my goals

What are my hopes

What do I care for

What have I become

The Walking Dead

Wrapped in a daze

I've lost count of the days

When did it all stop

Where did I get lost

Middle Child

Left out is what I'm used to
You blame me for being better than you
Nah, that's what you always had the claim to

Tell me the intro of the news
Never tell me what really happens with you

A facade is what I feel when we talk
I have to hold back to avoid being the talk

I say the truth that no one listens to
Everyone in denial is what I've adjusted to

Everyone whispering amongst themselves
I'm in the dark
Forgotten about high up on a shelf

No one ever cared
Took my life in my own hands

Betrayed, but still love as numerous as sand

Are you jealous
I can never tell
I hide myself to avoid always having to sell

Who looks best
It's always show and tell

Poetry

I'm too afraid

To let you see

All the parts

Inside of me

Live Alive

Fight your fears

Release your tears

Rev up your gears

Never give up your years

Don’t follow your peers

Whimsical

I think how I feel

I feel how I think

I like what I see

But it's hard to believe

Why do I think

The way I feel is wrong

Why can't I see

That all is coming along

Tunneled Darkness

Who do I trust in times so hard

Who can I trust in times like these

Where do I go

When I fall

Where do I go

When all is gone

Who is there for me

When I'm down

Who is there for me

When I'm not around

Awakened-Enlightenment

I walk along the road
And listen

I hear the wind
As the sun glistens

As the sweat forms beneath my brow
I look at all the beauty

Wow...

Sometimes I forget to look around
Sometimes all the gifts are muddied by sound

Sometimes I only see what's straight ahead
Sometimes I forget to look at everything unsaid

Broken-Hearted

here i am
all of me
wondering why
you left thee

i thought i meant more
but i was just a sore
a wretched pain in the ass
whom you called whore

with how you treated me
why should i care
i never felt happy
i was only filled with fear

Capricious Love

Yesterday, I almost left you.

Today, I want to be with you.

Yesterday, I wanted nothing to do with you.

Today, I want everything to do with you.

Yesterday, I did not speak to you.

Today, I only want to speak with you.

Yesterday, I ruminated on all the negatives in our relationship.

Today, I pondered dreamily on all the

positives in our relationship.

Yesterday, my heart was cold towards you.

Today, my heart burns for you.

Yesterday, I felt nothing for you.

Today, l feel everything for you.

I Don't Love Myself

He made me cry again today, but I still love him.

He pushed me around again today, but I still love him.

He made me black and blue again today, but I still love him.

He pushed my face into a wall again today, but I still love him.

He beat me repeatedly again, but I still love him.

He physically abused me again, but I still love him.

He called me ugly again today, but I still love him.

He told me no one could ever love me, but I still love him.

He made me do things to please him that I didn't want to do, but I still love him.

He slept with someone else again, but I still love him.
He never looks at me when he's on top of me, but I still love him.

He emotionally abused me again, but I still love him.

He called me names outside of my own name again, but I still love him.

He destroyed my things out of anger again, but I still love him.

He mentally abused me again, but I still love him.

He sat around all day while I did all the cleaning again, but I still love him.

He got me pregnant again because he refuses protection, but I still love him.

He beat my spirit down again, but I still love him.

He tells me he loves me, and I believe him…because I don't love myself.

Empty

My heart cries

Can't sleep

Can't watch the box

It's empty

I'm detached

Can't enjoy

I'm alone

Balance

I work

I grind

I dine

I unwind

Imbalance

I bleed inside

My body tells lies

My heart declines

I'm lost

Starry Winter

My feet grow cold
January snow

My tea pot sings
My imagination has wings

A warm cup of ginger
Is all I remember

An incense blows
While my mind grows

I wrap my legs
Around the pegs

The chair is my friend
I sit and enjoy the sounds of the wind

A shower at night

To get it right

Turn off the light
And rest for the night

I love teaching

An apple by my side
A cup of tea to match my stride

A pair of glasses for my eyes
I wonder what my brain is in size

I question logic with the pupil
I second guess if I'm capable

I forget who I am when I'm teaching
I let go of inhibition while I'm sleeping

I found a love I hold so dear
I keep it close, ever and always near

Spotless Mind

Should I go
Should I stay

I thought I was grounded
I thought I was content

But a wanderer
Is never content

I breathe discovery
I live adventure

New places
New seasons

There is no ending

Nonsense

I'm here

Right now

All of me

Take a bite

It's all you'll see

I'm Here

When you fall

Hear my call

When you sleep

There is light at the end

What Do I Do?

Breathe

Hope

Pray

Stretch

Heal

Feel

Believe

Receive

Revive

Survive

Give

Live

Forgive

Love Is Something

Love is something

Love can be gruesome

Love can be wholesome

Love can be destructive

Love can be building

Love can be healing

Love can be threatening

Love can be ruining

Love can bring cohesion

Love is something

Hello Anxiety

My heart pounds

My lungs collapse

My breathing stops

My mind is kidnapped

My soul evaporates

My life breaks

Anxiety overtakes

Scorpio

I am insane
Like a storm without rain

My massive brain
Is addicted to pain

Each goal
Has its own soul

With everything at stake
I don't break

I am immovable
My strength is impenetrable

My heart is sharp
My gaze strikes like a dart

I am a force

I never stray from my course

Revert

I am pieces

I am glue

I am a child

I am blue

Soulless

I teach

I retreat

Off-Balance

I go

I live

I fear

I am anxious

Buzzing Bee

My insanity

Overtakes me

My life

Goes by like a bee

Rat-Race

I am depressed

I am a mess

I lost my way

I lost my path

I am filled with wrath

I can't stop

I am addicted

To insanity

I Don't Know

What is it I want

What is it that I want

What do I want

What is it I want

Functionally Fake

My stomach feels sick

I go

My stomach explodes

I go

Paralyzed

I couldn't breathe

I couldn't see

I couldn't move

I almost broke

Floating

I watch me

As time goes by suddenly

I am two

So I am blue

I hide

Can't Get Away From It

Money is pointless
Money is digital

Money is an illusion
Money is intentional

Money is necessary
Money is real

Money is everything
Money is a thrill

Water

My body is a river

My thoughts run

I need to take a break

Like the still waters on a lake

Stoic

I am a river
I am a storm

I am filled
But never warm

I am an ocean
I am a hurricane

I am empty
But I am sane

I am a fire
I am a bomb

I am explosive
But I am calm

Mess

I am a fire
I want to be done

I am done
I am not really here

I can't tell you who I am

I am a mask
I am anxious
I am always nervous

Scared for nothing about nothing

What am I doing
This is insanity

I do it for the money
I do it for the lovely

I want out

Calm

I am a storm

Save me

Give me warmth

Time Slips

I am crazy

I am lazy

What am I doing?

Who am I?

Two-Faced

I lie

I write

I lie and write

I write and lie

My dreams here die

Implode

I am anxious

I am a mouse trap

When I Stopped Reading

When I stopped reading
My heart started bleeding

When I started reading
My mind stopped spinning

When I stopped reading
My heart stopped mending

When I started reading
The memories were fleeting

When I stopped reading
The sadness came rushing

When I started reading
My future began shining

When I stopped reading

My pain continued building

When I started reading

My life started healing

Hourglass

My passion grows
My patience slows

My mind wanders
My dreams I ponder

My temp is falling
I keep hearing my calling

I'm ready to break
To see what of myself I can make

Headache

It's money you make
While it grows, the headache

Is it worth all the stress
When you wear that pretty dress

That new car you bought
Lost its value leaving the lot

But the bills keep coming
Which is why you keep drumming

You're never really free
Because you continue your folly

It's the money you make
That keeps it coming back, the headache

Fantasy

These lips can't wait to taste your skin
These eyes can't wait to see your grin

My body can't wait to be touched by you
My patience disappears like the sun and then the moon

With you, my heart is never blue
I'll keep you happy because my attractions are true

It seems like maybe I'm falling for you
Since this is the case, let's keep this love new

With, you I've opened in ways I'm not used to
This love is raw like a dangerous sea of blue

Only time will tell what will be true

Until then we'll make love till night turns
new

Kiss me and love me tenderly always
Find me and hold me let's never go sideways

Unfocused Passion

Why did I get distracted
Why didn't I stick to the one thing I loved

What made me forget
To invest in what was meant

A sorrow vibe
Fills my life

As I ponder why
I lived such a lie

Threw It Away

It's all gone

My pain
My sadness

My tears
My gladness

My work
My art

My soul
My heart

I gave it all away
To save myself

But now I wish
I had left it high up on that shelf

Active Dreaming

Active dreaming ignites the soul
Active dreaming fuels your goals

Active dreaming ignites that fire
Active dreaming never gets tired

Active dreaming fills the heart
Active dreaming never goes dark

Active dreaming keeps you alive
Active dreaming causes you to dive

Active dreaming never lies
Active dreaming will make you arrive

Feed

Feed your mind.

Feed your spirit.

Feed your soul.

Feed your body.

Feed your life.

Feed your thoughts.

Feed your dreams.

Feed your goals.

Feed yourself.

Savor

Stay present while you eat.

Avoid multi-tasking while you eat.

Savor the food you eat.

Appreciate the food you eat.

Observe and experience the food you eat.

Taste the food you eat.

Smell the food you eat.

Stay present while you eat.

Unhappiness Within

You think leaving will solve all your problems

You think leaving will actually make you happier

You think new and fresh will make things smoother

You think starting a new life will be better

You think getting away will save you

You think moving somewhere else will ground you

Regret

Holding on
Keeps you from
The happiness
That awaits

You let it go
So let it be so

Create something new
Stop being so blue

It held all your pain
So let it burn away

Stop making the past
So glorified

It wasn't that great
You were horrified

Stop holding on

And be bold

Stop holding on

Before you grow old

Abused

Fill the holes
That make you feel empty

Let go of the past
That has kept you back

They killed your spirit
Because they didn't know

They hurt your soul
Because of their pain

Walk straight ahead
To your bright future

Don't let the past
Prevent you from life

Big Dreams, Little Dreams

Big dreams
Little dreams
Spread like wildfire

Big dreams
Little dreams
Turn my soul on fire

Big dreams
Little dreams
Overtake my soul

Big dreams
Little dreams
Never grow old

Big dreams
Little dreams
Grow like grass

Big dreams
Little dreams
Break easier than glass

Big dreams
Little dreams
Need nurture and love

Big dreams
Little dreams
Come from heavens above

Creativity

Creativity
Can be numerous like the snow

If you let it grow
If you let it flow

Be careful of the whispers
That turn the dreamers into drifters

Fuel the fire
Never let the creativity tire

She

Hide your love
To protect your life

Hide your lover
Whom is your wife

Hide your difference
To them, a unique cadence

Hide behind the glass
To shelter your class

No one is accepted
Everyone is judged

Love who you love
But don't tell a dove

Drowning

Barely floating

I start to sink

My eyes grow weary

I start to blink

Meaning is leaving

I start to think

What am I doing?

Give me a drink

Uncomfortable

A bump on my face
Some cellulite on my waist

My dinner he tastes
At which he makes a face

His perfect breath
Freshened for his next

I scurry home
To the comfort of my ex

His excitement grows
As we finish our outing

I'm starting to feel
All of his frowning

He calls out my flaws

He calls out it all

My imperfection slows
While his perfection grows

Work

I come in early
I never leave late

I feel like my hands
Are glued to a gate

Why can't I leave
Why do I stay

I am a slave
To the pay

My dreams are so different
But I do this everyday

I put on my mask
It'll all be okay

Ecclesiastes

My goal takes a toll
My aim is insane

My desire
Is my fire

My dreams
Are bursting at the seams

Every day is the same
I'm losing myself in this game

Why continue
Why gain

When the dust settles
We're all just the same

Chaos

What happens when I accomplish & achieve

What happens when I'm finally happy

What happens when I dive deep

What happens when I heal from the past me

What happens when I worry no more

What happens when I'm so rich I'm bored

What happens when every dream is real

What happens when everything is revealed

What happens when life becomes the same

What happens when I lose my mind & go insane

What happens when I love and lose

What happens when I love and blow a fuse

What happens when I go to heaven

What happens when I'm alive stuck at seven

What happens to my future self

What happens when I don't seek help

What happens to the lost souls

What happens to the burning coals

What happens to life itself

What happens to the bloody belts

What happens to broken dreams

What happens to the childhood screams

What happens when all is lost

What happens when your choking frost

What happens when you lose your soul

What happens when you give up on a goal

Fire

My fire shatters the earth
My anger explodes from my girth

I am warm like the sun
I am bold and young

I am delightful at sight
But my sensitivity is my plight

I am kind like the rain
On a dry desert day

I am healing like an herb
I am wise like a proverb

I am beautiful and giving
I am not capable of sinning

I destroy the green
I constantly fight with the sea

If I don't win
I try again

If I lose
I'm still your friend

Moon

I stand in front of the sun

I am the night

I am the fun

I am a glow

At which writers flow

I brighten the stars

I shine through the sunroof of cars

I am explored

I never bore

I am interesting

I am beautiful

I am spotted

I am imperfect

Off

Dread is ever present

Depression trying to surface

Cloudiness slaps me in the face

A wakeup call slows my pace

Fortunate

I think I'm hurting
But I don't know why

I think I'm hurting
Which is why I cry inside

I think I'm hurting
But I feel so fortunate

I think I'm hurting
Which is why my pain is my ornament

Tables Turn

Go take what's yours

Like they do

All they want is power

That's their fuel

Looking For Love

Heal my childhood
Heal the little girl

Destroy all the pieces
That broke my world

Corporate Life

I grow tired of working another man's dreams

I grow tired of feeling all of the insanity

I grow tired of acting like this is okay

I grow tired of thinking that this is the way

Get Lost

Get lost

And find your way

Get lost

Knowing everything will be okay

Get lost

And find your soul

Get lost

And never grow old

Turning Point

All was well
Until it wasn't well

When I picked up my phone
Was when my life truly begun

My eyes were open
To what ignorance covered

My world shattered before me
I was awakened like a drunken

Live Simply

Live simply

Love gently

Tell politely

Live heartily

Give mightily

Kiss dearly

Live fully

Acceptance

Like a rainbow of colors
Is how I view others

I never hate them
Because of their skin

Take

Take my spirit

Take my drive

Take my dreams

But you won't take my life

Women

I bring a balance

But at a price

I am always overlooked

More than twice

Woman

I am the fire
I am the earth
I am the ocean
I am the curse

I bare your children
I bleed in pain
I am objectified
I am treated inhumane

My intelligence is invisible
But my strength is unmatchable

I find no peace
In this institution
I am a slave
But with conviction

I grow mad

Day by day

But it's risky

To not be okay

My spirit is broken

But my soul is alive

My heart is nonexistent

But my fire will never die

Untitled

My love is a force
I ride with you, always north

My willpower has a strength
Unequivocal, with no end

The Weekend

I don't want it to end

I'm anxious

Always moving like the wind

Please stop time

Untitled

I have anxiety
But I don't know why

Sometimes I wonder
What will become of my life

Is it because
I should let go

Of all the things
Which make me feel old

Beauty

Like the leaves
Of various colors

The world is filled with beauty
Even during stormy weather

Though evil comes
To the good it always succumbs

When hope is lost
Don't get enraptured in the frost

Life is a game
You have to play to win

Be Hopeful

Be hopeful that your life will change
Be hopeful that it won't always be this way

Be hopeful when hope seems foreign
Be hopeful when you are still in mourning

Be hopeful that sun will shine again
Be hopeful that happiness is within

Be hopeful that you are not by yourself
Be hopeful that God is watching you herself

Be hopeful that your pain will subside
Be hopeful that your dreams burst inside

Be hopeful that you never give up
Be hopeful that you see it full, your cup

Be hopeful that your dreams never die

Be hopeful that your soul stays alive

Be hopeful to never let them in
Be hopeful that your desires always win

I Play By Ear

I rest my fingers
On the keys

Black and white
I rest my knees

I don't like to read
I like to listen

I make my heart come out
It's what I play to, it sets the rhythm

The Best Gift

The best gift
I ever got
Catches my dreams and my thoughts

The best gift
I ever got
Was the friendship that she brought

The best gift
I ever got
Was a ring that meant a lot

The best gift
I ever got
Were the lessons that I then taught

The best gift
I ever got
Was the education that I sought

The best gift

I ever got

Was my drive, focus, and passion

Which can never be bought

Give Back

Giving back is the only way
That makes this life all okay

We spend our time
Earning money

Only to spend it
On more honey

Take the time
To give it back

It could be time
It could be money
It could the clothes on your closet rack

Just give to those
Who don't have

Give to those
Who don't ask

Give to those
Who have less

Give to those
And bless and bless

Be Grateful

Be grateful in all things
Be grateful even when you heart doesn't sing

Be grateful when the sun shines
Be grateful when confusion sits in your mind

Be grateful when you lose something
Be grateful that you still have everything

Be grateful when there is nothing left
Be grateful when you feel upset

Be grateful when the darkness stays
Be grateful when each day it rains

Be grateful of your brokenness
Be grateful of your beautiful strength

Be grateful for the pain you have felt

Be grateful you're healed because you dealt

Be grateful for the air you breathe
Be grateful for all of the planted seeds

Be grateful for your eyes and ears
Be grateful that you can see and hear

Be grateful for your legs and hands
Be grateful for God's purpose and plans

Be grateful that you can think on your own
Be grateful that you are never truly alone

Be grateful for where you are now
Be grateful the universe is your limit
somehow

Be grateful that you have life
Be grateful and live without strife

January Poems

You learn

You grow

You fail

You go

You return

You try

You fall

You hide

You give

You get

You read

You sip

You dream

You wonder

You rise

You honor

Thoughts to Readers

Anyone can write. Anyone can create. Anyone can put their thoughts down on a piece of paper. It's your turn...

Write Your Own Poems

Poem #1: _____

_____

_____

_____

_____

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Poem #2: _____

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Poem #3: _____

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Poem #4: _____

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Poem #5: _____

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Bonus Material

Insanity

I wake up. It's Monday. I feel dread. My first thought: A whole week is ahead of me, and Friday seems oceans away.

I wake up. It's Tuesday. I feel dread. My first thought when the alarm goes off: I can't get up. Somehow, I robotically muster the strength to get up and go to work though.

I wake up. It's Wednesday. I feel dread. My first thought: It's almost Thursday, which means Friday is closer. I stare at the ceiling in the dark wishing I could close back my heavy eyelids.

I wake up. It's Thursday. I feel despair. My first thought: I feel like I am dying on the inside. I cry internally from the un-satisfaction I feel deep in my soul.

I wake up. It's Friday. I feel a subtle relief. My first thought: I can't wait to get off from work today. I don't want to get up, but I do because it's Friday; *freedom* is only hours away.

I wake up. It's Sunday. I feel anxiety as the day draws to its demise. My last thought: Why do I continue doing this? Then, I go to sleep.

What's Next

I only ever have this moment.

Right here.

Right now.

Yet, I can't stop thinking about a moment that isn't even here

I can't stop thinking about a moment that isn't even promised to me.

I'm restless.

I'm unsatisfied.

I'm uncertain.

I'm unhappy.

I continue to wonder what's next.

Why am I so obsessed with what's next?

Why do I continue to be where I am not?

Catalytic Feelings

I can't continue to live in mediocrity.

I can't continue to feel only "fine" about my life.

I can't continue to not be happy with life.

I can't continue to feel miserable about coming back to my reality after a vacation.

I can't continue to go in daily to a job that doesn't add value to my life or others.

I can't continue to have a mediocre attitude towards life on a daily basis.

I can't continue to not positively invest in the lives of others.

I can't continue to not spend more time with the most valuable people in my life.

I can't continue to wake up feeling miserable each day.

I can't continue to wake up with no ambition for my life.

I can't continue to live out each day without any goals.

I can't continue to not be more giving.

I can't continue to not consistently work on my dreams.

I can't continue to not speak up for what I want and feel I deserve.

I can't continue to say, "I'm okay" or "I'm fine" when people ask me how I'm doing.

I can't continue to live my life for others.

I can't continue to not be happy.

I can't continue to not continuously engage in things that I enjoy.

I can't continue to not enjoy hobbies.

I can't continue to spend so many pointless hours watching TV.

I can't continue to live a life of confusion.

I can't continue to live life aimlessly.

I can't continue to consume things I don't even need or really want.

I can't continue to live somewhere I hate.

I can't continue to work with toxic people in a toxic work environment.

I can't continue to judge others.

I can't continue to judge myself.

I can't continue to not unconditionally love myself.

I can't continue to not forgive people for hurting me.

I can't continue to live in the past.

I can't continue to worry about my future.

I can’t continue to live my life in ignorance without self-educating myself.

I can’t continue the same patterns and habits that don’t serve me well.

I can’t continue to not travel anywhere.

I can’t continue to invest most of my time in things that don’t matter.

I can’t continue to wait for things to hopefully change on their own one day.

I can't continue.

Daily New

Every single day provides a new opportunity to make a new decision.

Every single day provides a new opportunity to grow.

Every single day provides a new opportunity to learn.

Every single day provides a new opportunity to practice everything you have learned up until this point.

Every single day provides a new opportunity to forgive someone who hurt you.

Every single day provides you a new opportunity to engage in an activity you are passionate about.

Every single day provides you the chance to change your mind and move in a clarified direction for your life.

Every single day provides you the opportunity to demonstrate love to another human being.

Every single day provides you the opportunity to give.

Every single day provides you the opportunity to release old wounds from your heart and soul.

Every single day provides you the opportunity to follow your dreams.

Every single day provides you the opportunity to act on your dreams.

Every single day provides you the
opportunity to try something new.

Every single day provides you the
opportunity to go on a new adventure.

Every single day provides you the
opportunity to explore a new place.

Every single day provides you the
opportunity to be happy.

Every single day provides you the
opportunity to be content.

Every single day provides you the
opportunity to experience a fresh start.

Every single day provides you the
opportunity to experience unconditional love.

Every single day provides you the opportunity to let go of things in your life that don't serve you well.

Every single day provides you the opportunity to forgive yourself for all the wrong you have done to yourself and others.

Every single day provides you the opportunity to be better than you were yesterday.

Every single day provides you another opportunity; take advantage of each new day you are given.

Get Out

At some point in our lives:

We hide our interests.

We hide our hobbies.

We hide our opinions.

We hide our dreams.

We hide our intelligence.

We hide our heritage.

We hide our feelings.

We hide our guilt.

We hide our weaknesses.

We hide our insecurities.

We hide our pasts.

We hide our bodies.

We hide our natural selves.

We hide ourselves.
At some point in our lives:

We fear being seen for who we are.

We fear being seen for all we have.

We fear being judged.

We fear success.

We fear failure.

We fear our own potential.

We fear being loved.

We fear never being loved.

We fear the concept of love.

We fear being alone.

We fear rejection.

We fear being the outcast.

We fear not fitting in.

We fear not being attractive enough.

We fear not being enough.
We fear ourselves.

We fear and hide ourselves because we forget that: we are more than enough.

We fear and hide ourselves because we forget to accept ourselves and accept our pasts.

Leaving Perfection

I'm in the "best" relationship.

My person is good to me.

My person loves me.

My person accepts me.

My person is loyal.

My relationship is positive.

My relationship is beneficial.

I overall enjoy the relationship.

But I choose to leave.

I have the "best" job in the world.

My employer values me.

My employer appreciates me.

My employer invests in me.

My employer respects me.

The job is fun and enjoyable.
The employees are awesome.

I overall like the job.

But I choose to leave.

I live in the "best" city.

The city is enjoyable.

The city is filled with opportunities.

The city is continually developing and stays lively.

The city is breathtakingly beautiful.

The city is filled with my friends and ample amounts of amiable people.

The city is familiar, and my family is here.

I enjoy the city.

But I choose to leave.

Because I know the “best” is not always the best for me.

15 Minutes Left to Live

If you had 15 minutes left to live:

Who would you want to spend it with?

Who would you want to speak to?

Who would you want to kiss?

Who would you want to hug?

What activities would you wish you experienced?

What words would you have wished you said?

What people do you wish you would have fought harder to keep close?

What edible delights would you want to taste?

Where would you have wished you traveled to?

Where would you have wished you belonged?

Where would you have wished you lived? Where would you have left a positive impact?

Who would be the last person (or people) on your mind?

Who would your heart long for?

Why do so many of us live everyday with so many things left undone?

Celebrate You

Celebrate yourself for waking up and getting to work on time.

Celebrate yourself for cooking a delicious and scrumptious meal.

Celebrate yourself for being nice to the frustrated support technician you were on the phone with for 30 minutes.

Celebrate every workout you complete.

Celebrate the new job offer you receive.

Celebrate yourself for making a new friend.

Celebrate yourself for finishing another week.

Celebrate every one of your birthdays.

Celebrate yourself for cleaning your house.

Celebrate yourself for making up your bed before you started your day.

Celebrate yourself for having a productive day.

Celebrate how you have made it through all the highs and lows that life brings.

Celebrate yourself for simply being you.

Everyone else may not always celebrate you, but there is one person that can always and should always celebrate you, and that person is *you*.

Celebrate you for being you–always.

Stop Waiting to Live Your Best Life Now!

Buy the dream car you have desired for the longest—if you can afford it of course.

Travel to the countries you have always envisioned visiting.

Learn the language(s) that are beautiful and interesting to you.

Buy the new outfit that you can't stop thinking about since you first saw it.

Wake up and do something you have never done before.

Create a bucket list and check things off of it—often.

Eat that piece of dessert without feeling guilty.

Listen to your favorite music while you are at work.

Take a walk on your lunch break at work, and listen to the birds and beautiful sounds of nature.
Dance in the mirror

Smile more.

Watch more comedies and LAUGH MORE

Go to the beach and dig your toes into the sand, and walk on the edge of the water and take in the *warmth* of the SUN.

Eat your favorite meal and SAVOR it.

Start diving into your senses (sight, taste, hearing, smells, etc.)

Watch more I.N.S.P.I.R.A.T.I.O.N.A.L. movies followed by a comedy movie.

Take funny selfies.

Take MORE TIME TO B.R.E.A.T.H.E.

Live and eat healthy–often.

Be someone you enjoy being around.

Stay youthful.

Be PROUD of YOUR STRENGTHS and UNASHAMED of YOUR WEAKNESSES.

Love yourself more and more as the days go by.

GIVE frequently.

Celebrate yourself every day.

Be yourself every day.

Grow into a more positively developed person each day.

Be your best self each day.

For Those Who Have Everything or Are Almost There

You have the perfect relationship.

You have the perfect job.

You earn six figures or more.

You have your dream car.

You have beautiful and successful friends.

You have reached all of your goals.

You are doing what you love.

You are living out all of your previously unimaginable dreams.

.....

Yet, you are tremendously **empty**.

In fact, you're **miserable, sad, and depressed.**

.....

How many times have we heard that success doesn't bring happiness?

I believe we have all heard it more than a million times.

But what do we actually do about it?

Usually nothing.

We all just keep aiming for success.

Without ever taking a look at what we should change within ourselves before we get there.

If you aren't happy now, why aren't you happy?

You can lie to yourself and believe its only external circumstances.

Most likely though, there is something going on inside you that you need to address.

Before you reach true success.

Deal with your discontent, unhappiness, and baggage that will prevent true success.

Remember

You Are MORE Than Enough. Remember this.

Remember how fun you are.

Remember how free you are.

Remember how strong you are.

Remember how happy you are.

Remember how special you are.

Remember how perfect you are.

Remember how lovable you are.

Remember how valiant you are.

Remember how unique you are.

Remember how worthy you are.

Remember how fearless you are.

Remember how curious you are.

Remember how brilliant you are.

Remember how resilient you are.

Remember how peaceful you are.

Remember how confident you are.

Remember how important you are.

Remember how invaluable you are.

Remember how autonomous you are.

Remember how adventurous you are.

Remember how perfect you are as your natural self.

Remember who you are, which is all these things and more.